



SUNGROWN OUTDOORS

FULL SPECTRUM • THC • CBG • CBD

@ABIDE_SUNGROWN



Deep Roots

ABIDE'S ROOTS ARE DEEP – THEY STRETCH BACK TO 1998 WHEN WE GREW OUR FIRST LEGAL CANNABIS (IN THOSE DAYS HEMP) CROP - OUTDOORS OF COURSE! FOR WELL OVER 25 YEARS, WE HAVE BEEN INVOLVED IN THE CANADIAN HEMP AND CANNABIS INDUSTRIES THROUGH OUR BUSINESSES, ORGANIZATIONS WE HAVE STARTED & SUPPORT AND A VARIETY OF RESEARCH PROGRAMS. YOU COULD SAY CANNABIS IS OUR PASSION.

More recently we got our farm in the beautiful Trent Hills licenced in 2021 and have been perfecting the art of growing regeneratively, sustainably and organically ever since. Our products are all full spectrum, whole plant products which in addition to the principal cannabinoids contain other trace cannabinoids and terpenes which together have a synergistic effect commonly known as the entourage effect.

We produce all of our products by hand in small batches and if there are ingredients other than cannabis you can count on there not being many and that they are all botanical. When you purchase ABIDE products, you can buy with the confidence that you are supporting environmentally friendly local farmers growing cannabis in the most sustainable manner possible - sungrown outdoors - and a producer with decades of knowledge and the highest levels of quality.



Whole Flower



LEMON SAPPHIRE HYBRID

Craft grown outdoors at our organically certified farm in the picturesque Trent Hills, the THC dominant balanced Lemon Sapphire is a cross between Lemon Skunk & Mango Sapphire. The smell is earthy and sweet with hints of fresh forest. Terpenes: Caryophyllene, Myrcene & Humulene.

3.5g | 100-160mg/g Total THC | 40-100mg/g Total CBD

SUMMER 2024 PINK LEMONADE INDICA

Pink Lemonade is a high THC, craft grown outdoors in Southern Ontario. Pink Lemonade is a delicious, full flavour indica leaning cross between Lemon Skunk and Pink Kush with notes of lemon and grapefruit. Pink Lemonade has a delightful sweet, floral, citrus, and mint aroma.

Terpenes: Caryophyllene, Myrcene, and Terpinolene.

3.5g | 200-250mg/g Total THC | 0-10mg/g Total CBD





Single Strain

OG HAZE PRE-ROLLS SATIVA

Craft grown outdoors at our organically certified farm in the picturesque Trent Hills, ABIDE OG Haze Pre-Rolls deliver the perfect old school high with 20% THC. Each pack contains 5x0.4g pre-rolls packaged in an eco-friendly, recyclable cardboard box.

Terpenes: Caryophyllene, Terpinolene & Humulene.

5 x .4g | 180-240mg/g Total THC | 0-10mg/g Total CBD

BLUEBERRY BLISS PRE-ROLLS HYBRID

Abide's Blueberry Bliss is a high THC hybrid cross of Blue Gelato and MAC1, sungrown organically by ABIDE at our farm in the picturesque Trent Hills. Blueberry Bliss Pre-Rolls deliver a consistent 200mg/g THC smoke with a delicious Blueberry profile. Terpenes: Caryophyllene, Myrcene, Terpinolene & Limonene.

5 x .4g | 180-240mg/g Total THC | 0-10mg/g Total CBD



Blend

SUMMER 2024 PINK CHERRY PRE-ROLLS HYBRID

Abide's Pink Cherry Pre-Rolls are a hybrid blend of high CBD Cherry Blossom flower and high THC Pink Lemonade flower, blended to achieve a consistent 1:1 CBD:THC ratio. This blend is full of big, bold berry flavours but with a delicate, floral side as well with hints of gardenia, apple, and citrus blossoms. There are 5 x 0.4g Pink Cherry Pre-Rolls in every pack and each pre-roll is made exclusively with premium sungrown whole flower, wrapped in an unbleached pure hemp cone and packaged in a recyclable cardboard box. Terpenes: Myrcene, Caryophyllene, Bisabolol.

5 x .4g | 80-120mg/g Total THC | 80-120mg/g Total CBD





CBG Infused

CBG INFUSED OG HAZE PRE-ROLLS

Each package contains 3x0.5g CBG Kief Infused OG Haze Pre-Rolls. Made from premium organically sungrown flower infused with CBG kief delivering a classic THC Pre-Roll experience with 50mg/g infused CBG lift.

3x0.5g | 140-200mg/g Total THC | 0-10mg/g Total CBD | 40-60mg/g Total CBG



CBG INFUSED PRE-ROLL VARIETY PACK

Abide's CBG Infused Variety Pack is a great way for consumers to discover the wonders of CBG. Each pack includes 3x0.5g sungrown Pre-Rolls of three different cannabinoid profiles (high THC, high CBD and 1:1), each infused with CBG kief with a target of 50mg/g Total CBG.

Orange | 140-200mg/g Total THC | 0-10mg/g Total CBD | 40-60mg/g Total CBG
 Yellow | 0-10mg/g Total THC | 90-120mg/g Total CBD | 40-60mg/g Total CBG
 Purple | 60-90mg/g Total THC | 60-90mg/g Total CBD | 40-60mg/g Total CBG





Custom Blends

6:9 PREMIUM MILLED FLOWER

6:9 is a CBD dominant custom blend of ABIDE's finest OG Haze and Cherry Blossom high CBD Flower. This mix of premium sungrown flower is custom blended to consistently deliver 6% THC & 9% CBD.

14g | 45-75mg/g Total THC | 75-105mg/g Total CBD

6:9 PRE-ROLLS

The 5 x 0.4g 6:9 pre-rolls with a consistent cannabinoid profile of 6% THC and 9% CBD are packaged in an eco-friendly, recyclable cardboard box.

5 x 0.4g | 45-75mg/g Total THC | 75-105mg/g Total CBD



10:4 PREMIUM MILLED FLOWER

10:4 is a THC dominant custom blend of ABIDE's finest OG Haze and WholeHemp Premium CBD Flower. This mix of outdoor sungrown flower is custom blended to consistently deliver 10% THC & 4% CBD.

14g | 85-115mg/g Total THC | 25-55mg/g Total CBD

10:4 PRE-ROLLS

Enjoy the same flower in 5 x 0.7g pre-rolls with a consistent cannabinoid profile packaged in an eco-friendly, recyclable cardboard box.

5 x 0.7g | 85-115mg/g Total THC | 25-55mg/g Total CBD





Oils & Cream



20:10 FULL SPECTRUM OIL

Abide's 20:10 Full Spectrum THC Oil contains 600mg of THC (20mg/ml) and 300mg (10mg/ml) of CBD. It is made by infusing organic sunflower oil with sungrown OG Haze and Premium CBD flower all in a 30ml reusable amber glass bottle.

30ml | 600mg/ml Total THC | 300mg/ml Total CBD

THC SOFTGELS

Abide Full Spectrum THC Gelcaps contain 10mg of full-spectrum THC and 5mg of CBD infused organic sunflower oil per gelcap in a recyclable amber glass jar.

15 Caps | 10mg/cap Total THC | 5mg/cap Total CBD



CBD+THC CREAM

Our CBD+THC Cream is made with shea butter and infused organic sunflower oil. It's a perfect 1:1 balance of full spectrum CBD and THC with all botanical ingredients.

45g | 125mg/g Total THC | 125mg/g Total CBD



Abide

